



# YOGA TEACHER TRAINING



## GETTING STARTED DETAILS

This Yoga Teacher Training Program is multi-dimensional and comes out of a deep desire to immerse in yoga, steep in deeper meaning, integrate, and serve - the individual and the community.

There are many ways to learn and this program takes that into consideration. Individuals will navigate this program in their own way and be responsible for staying up to date. Please note the following features.

**Online Platform:** Here you will find:

- Learning videos that mirror the content in the manual. Learning videos and content are delivered weekly to keep you focused and on-track. Call and Clinic recordings will also be housed here inside each week.
- Digital version of the Manual
- Digital version of the Articles
- Link to Geneva app for real-time engagement
- Google Calendar
- 1:1 booking page
- Virtual Studio and Live Class Recordings
- Email

**Manual:** mirrors what is in the online platform

**Workbook:** weekly intention, asana and meditation practice focus, coursework including reading, journal prompts, and prompts to participate inside the app

**Progress Tracker:** to document your progress and log your time

### Required texts

- Angelus: Experiential Chakra Workbook - Erica Jago and Roose van der Kamp
- Eastern Body Western Mind - Anodea Judith
- MetaAnatomy - Kristin Leal
- Paths to God - Ram Daas
- The Heart of Yoga - TKV Desikachar

*\*students will write a 1 page report on each required book*

**Core Asana Reference Guide:** for in-depth information of foundational asanas

## **Calls, Classes, Clinics**

- Weekly live calls are on Fridays 11:30am-1pm
  - In-person Clinics are on Saturdays of each month with the following structure
    - 1st & 3rd: Discussion 8-10am, Practice 10:30am-12:30pm
    - 2nd & 4th: Community Class 9-10am, Office Hour 10-11am
- \*Jan 31 tbd*

## **FAQ**

### **What are the dates?**

October 3, 2025 - May 2, 2026

### **When do we meet?**

Weekly **Calls** are 11:30am-1pm

In-person **Clinics** are Saturdays with the following structure:

**1st & 3rd Saturday:** Discussion 8-10am and Practice 10:30am-12:30pm

**2nd & 4th Saturday:** Community Class 9-10am and Office Hour 10-11am

\*Schedule is subject to change and any changes will be updated on the Google Calendar.

### **How much does the training cost?**

\$2000 - pay in full or payment plan. Contact [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org) regarding payment

### **What happens if I miss a call or clinic?**

All sessions are recorded. Participants are responsible for making up missed sessions by watching the recording and sharing thoughts on the app after. Participants are highly encouraged to attend live.

### **Who are the teachers?**

This program is led by Kat Bettger. Guest Teachers for this year's program include Erica Jago, Cass Ghiorse, Kristin Leal, and possibly more.

**Kat Bettger:** Kat is a rare yoga teacher - devoted, knowledgeable, and dedicated to transforming her students' lives. She guides those who are curious and passionate about yoga and life, who seek to grow, evolve, and expand while remaining grounded, stable, and at peace. [www.katseltzeryoga.com](http://www.katseltzeryoga.com)

**Erica Jago:** Erica is a creative powerhouse, two time self published author, graphic designer, and course creator with a passion for helping you bring your ideas into digital spaces. Her customized 1:1 work is highly productive, values your unique skill set, and leads to new perspectives on your creation through her knack for asking the right questions. Find more of her work on [www.jagoyoga.com](http://www.jagoyoga.com)

**Cass Ghiorse:** Over the course of 19+ years in the field, Cass has helped diverse populations find inner steadiness so they can flourish. She creates a safe space for people's curiosity and strives to teach realistic ways that movement and breath awareness can be integrated into life. She is known for her use of language, knowledge of biomechanics and deep respect for personal body intelligence. She has been on staff at NIKE, Eileen Fisher and Equinox among others. Cass has been a certified Yoga teacher since 2003. She received her Breathwork Guide certification from Our Breath Collective in 2021 as a member of their inaugural training. [www.findyourmidline.com](http://www.findyourmidline.com)

Kristin Leal: Kristin Leal is a London based teacher, lecturer and body worker who travels the world with her MetaAnatomy trainings passionately sharing about the miracle of the human body and the liberating potential of both movement and stillness. She is the author of *MetaAnatomy - A Modern Yogi's Practical Guide to the Physical and Energetic Anatomy of Your Amazing Body*, which was called "smart and sassy" by Elena Brower and "a luscious resource" by Rod Stryker. [www.kristinleal.com](http://www.kristinleal.com)

### **Does this program meet Yoga Alliance Requirements?**

Yes. This program meets and exceeds the standards set by Yoga Alliance.

Teaching, Technique, Practice 75+ hours: *Asana, Pranayama, Meditation*

Yoga Humanities 30+ hours: *History, Philosophy, Ethics*

Anatomy and Physiology 30+ hours: *Anatomy, Physiology*

Professional Essentials 50+ hours: *Teaching Methodology, Professional Development*

Teaching Practice 20+ hours: *Exam, Practicum*

### **How is this program organized?**

There are two parts to this program: *Studentship* and *Leadership* are organized by month and focus over 7 months.

### **What are the expectations of this program?**

This is an intensive experience that requires weekly education, coursework, attendance, and participation as well as *daily* practice and contemplation. Participants will manage their time and commitments so that they can receive the full benefits of this program which are affirming and transformational. Transformational work is challenging and participants may initially encounter resistance which may lead to feelings of overwhelm. This program is designed to be a crucial step for those interested in teaching yoga and growing through a yoga practice. The expectation is not that this program will provide every participant with every skill needed to teach yoga, but will inspire committed students to pursue their own evolution post program. Participants are encouraged to be self-responsible and to reach out for support which they will receive with candor and without judgment. To ensure this, the container of the program will be protected and conversations that occur will be kept in confidence. Finally, life is full of the unexpected; this is an ongoing and evolving learning experience for all..

### **What are the graduation requirements?**

Please see [Graduation Requirements](#)

## **From Kat**

I care about personal responsibility and creating safe spaces for self understanding.

I began teaching in 2005. I'm a mom. I have two boys - Bren is 13 and Owen is 11. My husband Nathan is a hospital chaplain and spiritual director. We also have two dogs - Brendan's service dog, Harley, she's a yellow lab and Wendell Berry our Welsh Terrier.

Before we moved to Oshkosh I founded a community yoga studio in Bend, Or and served as director of teacher training. This will be my 9th training total and my 4th in Oshkosh.

I have studied with *amazing teachers*. Through their inspiration and mentorship I have received profound gifts from my practice and I want to pass that on to the next generation of yoga teachers.

This YTT comes out of a deep desire to immerse in yoga, steep in the deeper meanings, and integrate understanding in service of community.

I established a local teacher training to provide support and guidance for those wanting to *start* this incredible journey and in response to a need for yoga teachers who are authentic and teach meaningful classes in an accessible way.

The Y is inclusive and supportive and this program is foundational, inspirational, and transformational. Inherent in transformational work is intensity and change. Growth can be, at times, uncomfortable.

This program is for a new generation of yoga teachers who are looking to take their practice to a new level and refine their thinking actions in the process.

Oshkosh Yoga Teacher Training is a community for you to share and receive, be mentored to move towards mastery in applying yoga to your life, and gaining confidence to share it - however that looks to you.

We are in this together! You and your "soon-to-be-soulmate" cohorts will be moving through the journey with one another and with you every step of the way. Monthly Mentorship calls are 1:1 so you can receive specific-to-you-support.

We have a private app which is a powerful way to stay connected moment to moment. It will be our main house of engagement. We also use a Google Calendar and Docs. Students will need a device for accessing the internet with audio and video.

I'm excited about the expert guest teachers:

- Erica Jago, author of the book *Angelus*, which is one of our main text books.
- Cass Ghiorse will teach us about breath in a modern and applicable way.
- Dr. Stephanie Matulle will teach about Ayurveda.
- Kristin Leal, will teach about the deeper applicable aspects of anatomy. Her book, *MetaAnatomy* is our main text on Anatomy.

This program is intensive but spacious and it will likely change your life.